

# Upcoming Events

Some of these dates and times are tentative. Stay tuned on Facebook or the KCHS website ([www.knoxheadstart.org](http://www.knoxheadstart.org)) for changes.

## EHS Home-Based PAC Time

- 6/1 - Memorial Park, 1-3 p.m.
- 6/15 - Riverside Park, 4-6 p.m.
- 6/29 - Hiawatha Park, 4-6 p.m.

## Gambier

- 6/25 - Gambier Child Care Center Annual Ice Cream Social, 5:30-7 p.m.

## Health Fairs

Each year, KCHS wants to help you ensure your child is up to date with his/her health screenings. KCHS will offer Health Fairs throughout June and July. Someone will contact you to schedule an appointment for the date/location that works best for you (if needed for your child).

- 6/16 - Northgate, 11 a.m.-4 p.m.
- 6/18 - Centerburg, 11 a.m.-2 p.m.
- 6/25 - Northgate, 4-7 p.m.
- 6/30 - Fredericktown, 11 a.m.-2 p.m.
- 7/14 - Danville (at the Sanctuary), 11 a.m.-3 p.m.
- 7/21 - Northgate, 1-5 p.m.

## Community Events

- 6/4-7 - Schnormeier Gardens Open House
- 6/5 - June First Friday, Downtown Mount Vernon, 6-9 p.m.
- 6/17-20 - Danville/Howard Turkey Festival
- 6/21 - "Music in the Garden," free concert at the KCCC Children's Garden, 4-6 p.m.
- 6/24-27 - Centerburg Heart of Ohio USA Days
- 7/3 - July First Friday, Downtown Mount Vernon, 6-9 p.m.
- 7/4 - Ariel-Foundation Park Grand Opening with Fireworks, 1-10:30 p.m.

# Keep Your Child's Cool This Summer

Here are four Conscious Discipline® principles that can help you and your child keep your cool this summer!

**Our brains are pattern seeking.** For your child to feel safe and in control, it is helpful to have a daily routine that is the same each day. While our days have certain parts that change, it is very helpful for you to strive to keep consistent routines in specific parts of your child's day, such as bed time, wake up time, meal times, etc. During these times, your child will find it comforting for you to have the same rituals and things that you do that he/she can count on happening.

**The best exercise for the brain is exercise.** For your child to be ready to learn and cooperate it is absolutely essential that he/she have opportunities for exercise every day. The best way to accomplish this in our beautiful Ohio summers is outside at the park or in the yard at home. With daily doses of running, chasing, climbing, and crawling, your child will benefit physically and emotionally, and so will you!

**The brain functions best when it feels safe.** All of us are better in all aspects of life when we



are able to self-regulate our emotions or to calm ourselves when stressed. To do this, we practice being a S.T.A.R. (Smile, Take a deep breath, And Relax) when life is not going our way. This little "pause" creates an opportunity to think clearly and perhaps respond in a more helpful way. Reminding your child to be a S.T.A.R. is an excellent habit to start early!

**Connections on the outside create connections on the inside.** The connections that you have with your child are absolutely essential for his/her brain development. Your brain requires these important connections to thrive, as well. Summertime can bring opportunities for connection with family and friends. Don't pass up any of these opportunities. Also, don't forget to take time every day to play with your child to strengthen those important connections.

-Renee Sutherland, LISW-S

## \* Congratulations! \*

**Donald Bovinett, Jr.**, KCHS Policy Council Vice-Chair, has been accepted into the Ohio Head Start Association's Parent Ambassador Program. As a Parent Ambassador, Donald will participate in training opportunities with OHSAI to learn how to tell the story of Head Start effectively as an advocate for the program. Parent Ambassadors will travel to Washington, D.C., in January as part of the National Head Start Association's Leadership Conference, and will have the opportunity to meet with members of Congress and to speak with them about their Head Start experience.



L-R: Peg Tazewell (Executive Director), Mark Kohlman (Board Chair), Mayor Richard Mavis, Rep. Margaret Ann Ruhl and Superintendent Steve Oster (Knox County Board of DD) plant a rose bush in celebration of KCHS's 50th anniversary.

**KNOX COUNTY HEAD START INC.**  
SCHOOL FAMILY NEWSLETTER  
JUNE 2015

To see event photos, follow us on Facebook!

# Celebrating 50 Years of Opportunity

Remarks on KCHS's 50th Anniversary Celebration, May 22, 2015

In celebration of KCHS's 50th Anniversary, we honor the original community members who came together in 1964, concerned with the impact of poverty on children. Their focus was on providing children with loving teachers and helping them prepare for school. In May 1965, President Lyndon B. Johnson announced the creation of Head Start in the White House Rose Garden. It was designed to ensure that children born into poverty might have opportunities to initiate a pathway beyond it. Kokosing Day Care Centers was positioned to become one of the first Head Start programs in the nation in the summer of 1965.

Head Start is founded in the belief that parents are the first and most important teachers of their children, and that every child and family have the potential to learn and grow. Head Start works with parents to ensure that children's medical, dental, nutritional and social/emotional needs are addressed before kindergarten.

Our mission identifies our core beliefs:

- Working as partners with our community
- Providing high-quality preschool, educational child care and family services
- Engaging children, families and employees in reaching their full potential

Head Start is the only program remaining from LBJ's War on Poverty that continues to exist as a direct federal to local program. Head Start is defined by the needs of the community – as the community changes, we change and will continue to do so. However, I've seen quite a few articles lately about the Head Start Impact Study's results, which claim the benefits of Head Start fade in elementary school.

More researchers are digging into the data. What they see is that there are strong, high-quality and high-performing Head Start programs, and there are struggling, challenged, low-performing Head Start programs – much like schools – in our nation.

There was no consideration given in the study to the quality of the elementary school children transitioned into, nor did it identify that there is a typical "fade out effect" that has been evident in previous early education research. Studies show a rebound in middle school and beyond for those children who have participated in high-quality programs. The Impact Study shows that children who attend high-quality programs are improving, and continue to improve. Data also shows that in families where one child has had a Head Start where others haven't – there is a clear benefit to the Head Start child. We've heard this from many of our families as well.

KCHS is committed to providing high-quality services. By every standard that has been set before us – the employees, Board of Directors and Policy Council believe in the importance of services that go beyond compliance and reach toward the highest quality standards possible. This is evidenced by the Center of Excellence Award in 2010 and five of our six centers awarded the highest Five-Star Quality Rating in Ohio's Step Up To Quality program in 2015. The sixth center's application is in process.

At KCHS, we are a "School Family." We believe that our connection to our work – and to children, families and our community – is accurately articulated by the bonds of a family – one that doesn't give up on each other. We are incredibly proud of our children and families who sometimes overcome enormous challenges. We plant seeds of opportunity that may blossom long after children and parents have left our program.

As an organization, we honor those who have gone before, celebrate those here now, and envision a future in which every Knox County child lives his/her life in a community that values children, their education and healthy development. We hope that someday there will be no need for our program, but as long as that needs exists, we will be here.

- Peg Tazewell, Executive Director

## KNOX COUNTY HEAD START, INC.

This newsletter is produced by Knox County Head Start for parents and caregivers. If you have ideas for the newsletter, please contact Carrie Haver at [chaver@knoxheadstart.org](mailto:chaver@knoxheadstart.org).

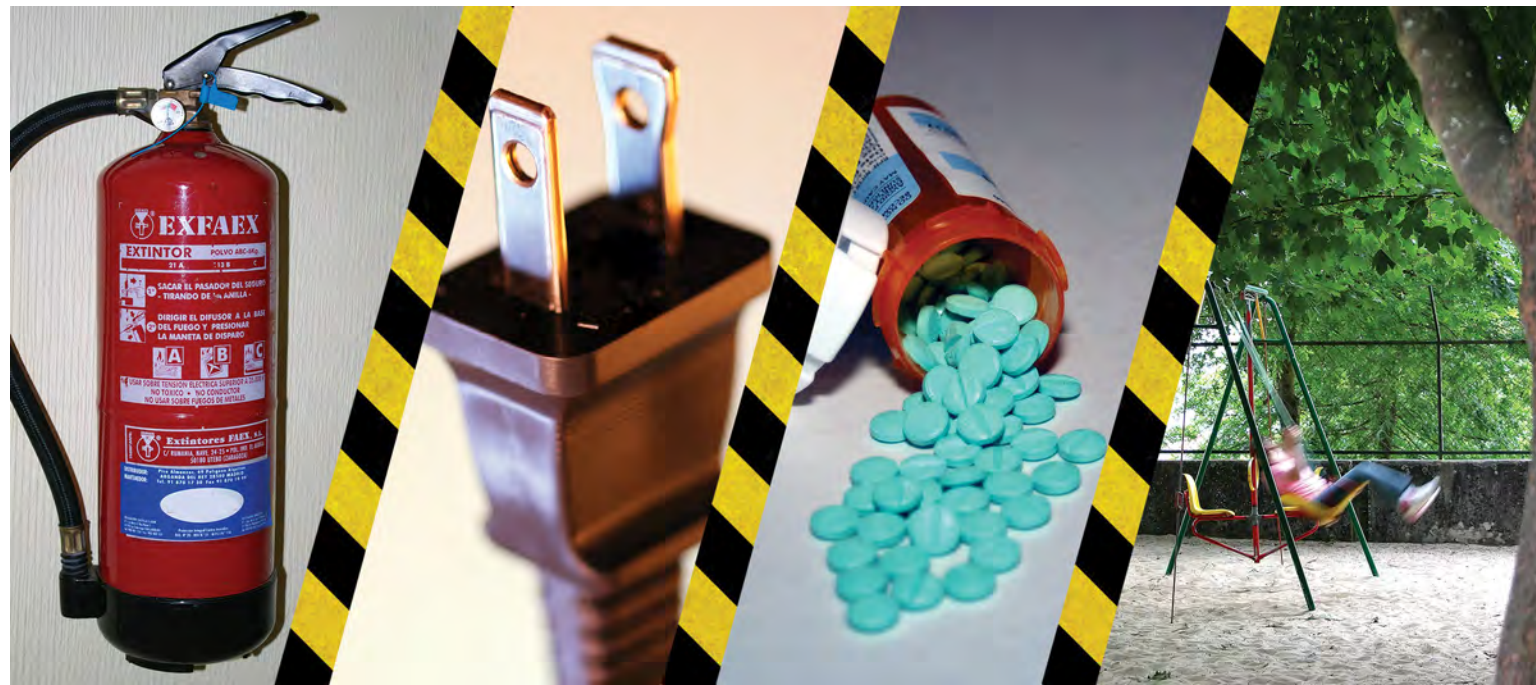
Knox County Head Start, Inc., 11700 Upper Gilchrist Road, Mount Vernon, OH 43050  
740-397-1344, [www.knoxheadstart.org](http://www.knoxheadstart.org)

An Agency Supported by The Community Foundation of Mount Vernon & Knox County and The United Way of Knox County.



Connect with us!





# Keeping Children Safe at Home and Play

Happy summer! Last month we talked about summer safety so everyone could have a safe summer. Since June is National Safety Month, I thought we might talk about safety in general.

In our homes and at play there are some easy things that we can do to keep ourselves and our children a little safer.

## Fire Safety

1. There should be a smoke detector on each floor of your house and, if possible, in the hallways between all the bedrooms of your house. All smoke detectors have a test button on them. You should test them once a month. The batteries need to be changed at least every six months. As an easy way to remember--change the batteries when you change the clocks for daylight savings time.
2. Every house should have a fire extinguisher, especially in the kitchen.
3. Keep matches and lighters out of reach.
4. Have an escape plan. Practice! Have fire drills at your house just like we have them at school and work. Make sure everyone knows how to get out of the house in case of a fire and

have a special place for everyone to meet.

## Electrical Safety

1. Electrical outlets that are not being used should have a safety plug in them. This keeps the little ones from sticking things in the open plugs.
2. Keep electrical cords close to the walls and never run them under a carpet or rug.
3. Don't overload your outlets. If you do, they could get too hot and possibly cause a fire. If you need more plugs, use a surge protector instead of a regular extension cord.

## Household Safety

1. Put childproof latches on drawers and cabinet doors.
2. When cooking, keep the pot/skillet handles turned inward or on the back burners so children can't reach them.
3. Keep all cleaning supplies, dishwashing supplies, laundry supplies, etc., out of the reach of children.
4. Keep all medications, prescription or over the counter, tightly closed

and stored in a high cabinet far from reach.

## Play Safety

1. Children should play in the yard or at a playground; they should never play in the street.
2. Children, especially little ones, should always be supervised, at home or at the playground.
3. Don't play in bare feet when outside. You never know what may be hiding in the grass or sand box.
4. At the playground, teach children not to walk in front of a moving swing. If they are playing on the slide, have them wait until the person in front of them is clear of the bottom before they slide down.

These are just a few safety tips, but they should help keep you and yours a little safer whether at home or at play.

Any questions or comments, please contact:

Candy Thomas LPN, HSS  
740-397-1344, ext. 335

# Looking for Families For the 2015-2016 School Year

We'll have openings in all of our programs for fall 2015. Know of a family that could benefit from Head Start? Tell them about us and pass on this helpful information.

## Program Options:

- Head Start Preschool (ages 3-5)
- Full day with child care services
  - Available at Fredericktown, Gambier, and Mount Vernon
  - Half day (4 days/week, 3.5 hours/day)
  - Home-based option

Early Head Start (pregnant moms through age 3)

- Full day with child care services
- Home-based option
- In-home, Type B, Family Child Care Partners in Danville and Mount Vernon
- Serves ages 0-4

## Items Needed for Enrollment:

- Child's birth certificate
- Child's shot record
- Child's health insurance
- Custody papers (if you have been awarded custody)
- 2014 yearly income\*\* (documents accepted: W-2s, 12 months of pay stubs, Cash Assistance/OWF, SSI)

\*\*For Head Start and Early Head Start programs, income guidelines apply.\*\*

**For more information, visit [www.KnoxHeadStart.org](http://www.KnoxHeadStart.org) or call JoAnn at 740-397-2768.**

**IMMEDIATE OPENINGS!**  
Fredericktown has immediate openings for Early Head Start and child care. Contact JoAnn at 740-397-2768 or the Fredericktown office at 740-694-1188.



**All full-day with child care options accept DJFS child care assistance.**

# News Clips



## New Hope Early Education Center:

- NHEEC will be having its annual ice cream social soon, but the date has not yet been finalized.



## Gambier Child Care Center:

- Our ice cream social will be June 25, from 5:30-7 p.m. All parents are invited. Watch for further details soon!
- Tara's class is creating a garden this year.
- Each classroom will have a water day starting the first week of June.
- School Age Summer Camp program will have two field trips a week.



## Fredericktown Head Start:

- Our preschool classroom will have field trips on Tuesdays.
- Wednesdays will be gardening days in collaboration with the Knox County Health Department.
- Fridays are water days.

**The Kenyon Bookstore - Friday, June 19, 11 a.m.**  
MTVarts will host a FREE sing-songy presentation of "Supercalifragilisticexpialidocious" with some of the show's cast members!

If time allows, they will also include a chapter reading of Mary Poppins. Both of the Gambier Child Care Center preschool classes plan to attend.  
**If you are interested, please join them!**

If you are interested in seeing the show (July 10-19 at Memorial Theatre), tickets are on sale at [MTVarts.com](http://MTVarts.com) or First-Knox National Bank.